



Community offerings: educational and experiential

Community workshops and offerings are geared towards the public. They range from 1 hour to ½ day in length. They can be held in person or virtually.

- **Understanding and supporting grieving children and adolescents:** Though grief is a natural process, it is a difficult one, and one that many people are not comfortable talking about with children. This training provides the basics on children's and adolescent's understanding of death, loss and grief, as well as their support needs at different ages.
- **Parenting when there is a serious illness in the family:** When a family member is seriously ill, the energy and attention of the caregiving parent(s) focuses on the requirements of the ill person, while at the same time, the needs of the children who are also witnessing the illness and potential death, go up. This workshop takes a practical approach to understanding and supporting children during a time when parental reserves are diminished.
- **Parenting following the death of a spouse/partner:** Children struggle with understanding and coping following the death of someone important to them. Focusing on their needs when you, yourself, are struggling to cope following the death, can feel like a herculean task. This workshop addresses the balancing act that is needed in order to meet your own as well as your child's needs.
- **Grief and mindfulness:** Grief is comprised of both physical and emotional responses that are linked closely together. Unaddressed, grief can have negative effects on both physical and mental health. This workshop focuses on mindfulness skills that can play a significant role in supporting wellbeing while grieving.
- **Nia and Yoga:** Mindful movement practices such as yoga and Nia (a combination of yoga, dance, and the martial arts) utilize intentional movement and breathwork to provide an outlet to loosen the emotional and physical tightness in our bodies caused by grief. Practicing on a regular basis can help lower stress levels while building stability and peace.
- **Coping with the holidays:** The holidays tend to be a particularly challenging time when grieving, with their many celebrations, rituals, and memories. This workshop provides strategies to help family members care for themselves and each other as they navigate their different needs through this time.
- **Art to Remember:** Families who are grieving the death of someone close are invited to participate in an evening of remembrance and togetherness, curated arts-based project about/honoring/remembering the person who has died.
- **Go Program:** A free, time-limited psychoeducational program for newer grievers. This Grievers Orientation (GO) is focused on grieving styles, grief models, grief through a child/teens' developmental perspective and communication, connection, and healthy boundaries.
- **Memory Walk:** This annual event brings Jeff's Place families (both current and alumni) and the larger community together in a walk of solidarity and remembrance.
- **Specialized, time-limited support groups:** Sometimes a group of children or adolescents who are impacted by the same loss, such as the death of a peer or teacher may seek additional support. We work with community members or schools to cater the needs of those who are grieving in this specially designed time-limited grief support group.